

WANT TO OUTSMART YOUR IBS?

Try our new clinically proven
psychology-based online programme!

It's easy! Just self-refer to talkchangesforhealth.org.uk

Proven to
significantly
improve IBS
Symptoms!

Easy to do
in 10 min
a day

Do it at
home on
your laptop!

Discreet and
secure -
your data
is safe

It's personalised,
free and
developed by
psychology
experts!



***"It's the least invasive yet most effective IBS treatment
I have ever had - and the only one that has worked"***

Laura, Clinical Trial Participant, UK

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